

LITE BITES

Naturally Smoked Haddock & Spinach Chowder

With Scallions & Crispy Puff Pastry €8.90
Contains Allergen 1/2/3/4/7/9/14

Grilled Chicken OR Tiger Prawn Satay

€8.95 Starter/€12.95 Main course

On Mango & Shaved Coconut, Bulgur Wheat Salad, Lime & Passion Fruit Dressing Contains Allergen 1/3/4/5/7/8/11/14

Mediterranean Tapas Selection €12.50/€21.50 for 2

Cured Meats, Cheese, Olives, Anchovies, Grilled Vegetables with Grissini Sticks & Tapenade Contains Allergen 1/4/7/8/9

Soup of the Day €4.90

Served with a Selection of Breads

SANDWICHES

All Sandwiches Garnished with Crisps

Toasted Special €6.75

Baked Ham, Wexford Cheddar Cheese, Tomato & Onion (Triple Decker) Contains Allergen 1/7

Chicago Club Ciabatta €9.50

Turkey, Bacon, Stuffing, Melted Brie, Rocket and Cranberry Mayonnaise Contains Allergen 1/3/7

Shrimp Cocktail Open Sandwich €8.95

(Served on Cooney's Soda Bread) Capers, Cucumber, Drop of Habanero Tabasco & Baby Rocket Salad Contains Allergen 1/2/3/4/9/7/14

Classic BLT €6.75

Streaky Bacon, Lettuce, Tomato & Mayonnaise (Triple Decker) Contains Allergen 1/3

DAILY SPECIALS AVAILABLE

Pasta Of The Day €10.50

Blackboard Special €10.75

Lunch Chips €2.50

Golden Fried Corned Beef & Potato Cake €9.20

With Crispy Bacon, Baby Kale Salad, Poached Egg & Béarnaise Sauce Contains Allergen 1/3/7

'TMT' House Salad €9.75/Mains €14.95

With Grilled Halloumi Cheese, Avocado, Bell Peppers, Olives, Fresh Hummus & Pitta Bread Contains Allergen 1/5/7/8/11
Grilled Chicken Strips Supplement €3

'TMT' Chicken Wings

Spicy Buffalo Celery Sticks & Blue Cheese Dip €10.00

Contains Allergen 1/9/10 **OR Sweet Heat** Battered with Honey & Mustard Dip €10.00 Contains Allergen 7/9

Duo Of Bruschetta €6.25

With Vine Tomatoes, Garlic Oil & Balsamic Roast Red Pepper Contains Allergen 1/7

MAINS

'TMT' Chicken Curry €14.00

Coriander Yoghurt, with Rice & Fries Contains Allergen 4/5/9/10

Louisiana Special Chicken Burger €14.90

Avocado, Blue Cheese Sauce with Chilli Fries
Contains Allergen 1/3/7/9

Confit Of Duck Leg €14.50

With Sweet Potatoes, Duck Sausage, Pak Choy, Cashew Nuts & Oriental Glaze Contains Allergen 3/4/5/6/8/9/10/11/14

Panko Cod Fillet, Salt & Pepper Squid Rings

With Minted Peas, Classic Remoulade Sauce & Thick Cut Chips €15.95
Contains Allergen 1/2/3/4/7/14

Grilled Hereford Flank Steak €13.50

With Parmesan Whipped Potatoes, Tenderstem Broccoli, Porcini & Dijon Cream Sauce
Contains Allergen 7/9/10

'TMT' Signature Open Beef Burger €15.25

{Please Allow Appropriate Cooking Time}
Smoked Streaky Bacon, Melted Brie Won-Ton Fritter, Red Onion Pickles, Cranberry Mayonnaise & French Fries
Contains Allergen 1/3/7/9/10

Pan Fried Catch Of The Day €13.25

Au Mannieure, Covered with Café De Paris Butter, Salad Garnish, Garlic & Rosemary Crushed Potatoes Contains Allergen 1/2/3/4/7/10/14

Allergen Listing

1	Cereals containing gluten	6	Soybeans & products thereof	11	Sesame seeds & products thereof
2	Crustaceans (crab, lobster, shrimp)	7	Milk & products thereof	12	Sulphur dioxide & sulphites
3	Eggs & products thereof	8	Nuts	13	Lupin (type of seed flour)
4	Fish & products thereof	9	Celery & products thereof	14	Molluscs (oysters, mussels, scallops)
5	Peanuts & products thereof	10	Mustard & products thereof		

SERVICE CHARGE IS NOT INCLUDED

All our menu items may be prepared in the presence of the above allergens. Dishes can be adapted – Please ask your server